5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

262 sufficient food, but it should be remarked that the food prepared and cooked at home is much less expensive and usually costs only half the price that is paid for ready-made meals sold abroad.

The second part of the table shows the number and percentage of families actually purchasing various foods and also the average quantity bought and average amount spent per family making purchases. In will be seen that certain kinds of food, viz. millet, corn flour, millet flour, wheat flour, cabbage, salted turnips, spinach, beancurd, onions, sesamum oil, salt, soy-paste, vinegar, and mutton, being consumed by all the families without exception, constitute what may be called the standard diet of the families studied. Of the cereals, corn flour leads all the rest both in quantity and in expenditure, while millet flour comes easily the second. Both these principal cereals are supplemented by rice, buckwheat and *kaoliang*. The first mentioned article, while not quite palatable to the taste of northern Chinese and also comparatively more costly, is used only occasionally and sparingly for making porridge. In the vegetable group, cabbage, salted turnips, spinach, beancurd and onions are universally used. Of these, salted turnips in conjunction with other pickles in the list serve as appetizers and beancurd, a manufactured legume product having various kinds of make, may perhaps be considered a national food, as it is consumed all over China. The wide use of such odoriferous and pungent articles as onions, garlic and allium adorum may be accounted for by the fact that they are excellent appetizers for the poorer classes, as they cannot afford to consume meat and other delicacies except once in a long while.

[262] Sesamum oil is used in north China chiefly to cook food with, or to make fry, while salt and vinegar are all condiments [263] indispensable in preparing dishes. Soy-paste, a tasteful condiment somewhat similar to the Japanese *miso*, is greatly liked as a relish by the Peking people, hence its wide use. One may notice that the salt figures that appeared in the average expenditure columns are only second to those for sesamum oil. The

7: Gamble S-5 (1926-1927) 1933 AF12 North China AF12

half of corn flour. Another group estimated their need, if they were eating three meals a day, as one and three-quarters catties of *hsiao-mi mien;* or two catties of wheat flour; or two and a quarter catties of corn flour. This is possibly the amount they would expect if their food was supplied by their employer, but it is higher than the amounts actually purchased by these families. Even in the $300 group, the average was only 1.9 catties per cost consumption unit. Field-workers of the China International Famine Relief Committee estimated that a workman needs between a catty and a half, and two catties, of grain a day.

Condiments

Eleven principal condiments, flavorings and cooking fats were used by virtually all the families. Sweet-oil, or *hsiang-yu,* salt, and vinegar were used by every family. *Chiang-yu, huang chiang,* sesamum sauce, ginger, soda, tea were omitted by only one or two families, sugar by four, and lard by ten families.

The largest condiment expenditure was for *hsiang-yu,* sweet-oil made from sesamum. It is used in cooking meat and vegetable dishes and, although 50 per cent more expensive than peanut oil, is used because of the flavor it gives to the food. In the $5 group, the average expenditure was $1.05, and in the $300 group, $8, per cost consumption unit per year. (Table 23.) The graph in Figure 15 shows a specially rapid increase from the $5 to the $50 group. Above that point, the increase was slower but still continuous. The average price for the year was 35 cents per catty. The minimum price was 30.5 cents and came in December; the maximum, 43.2